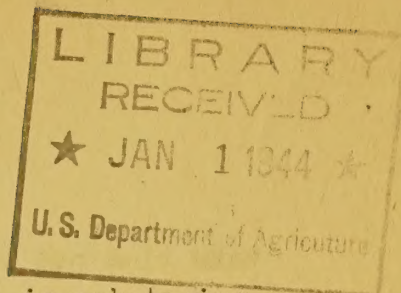


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KEEPING FIT FOR YOUR WARTIME JOB

Every disease or accident that keeps people from work is sabotaging our war effort. So is every chronic ailment that saps our energy and keeps us from doing the best possible job.

You and other farm families now have one of the most important and one of the toughest jobs in history. It's up to you to produce food for our soldiers and sailors, our factory workers, and all our other people at home, as well as our allies and the thousands of people being freed from Axis rule.

But this is a job you want to do. It gives you a chance to help win the war. At the same time, it gives you a chance to help yourself. For the first time in many years there is a market for all the food you can produce. By producing more food, you make more money--more money to pay debts, to buy War Bonds, and to save for the things you want when the war is over.

It Takes Healthy People to do a Good Day's Work

To do this job you must be strong and healthy. Nobody needs to tell you that. You just can't work hard unless you feel well. Sometimes people think it's better to keep going even when they're sick. But that's a mistaken idea. Often you can save a good many days later, as well as a lot of unnecessary suffering, by taking a day or two off at the right time. For example, it's good business to quit work and go to bed when you get a bad cold, or to see the doctor if you tire easily, which may mean a chronic ailment you don't realize you have. It's also good business to

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take time out to fix up "danger spots" around the farm, such as broken steps or leaky wells.

Keeping Healthy is a Wartime Duty

It's more important than ever today to be "on the alert" against sickness and accidents. Why?

1. People are more liable to get sick when they're working harder and putting in longer hours. They're more liable to get injured. Facts and figures show that that's what happens in time of war. Many thousands of boys and girls have left the farms for work in industrial plants or for service in the armed forces, extra help is hard to find, and that naturally means more work for you who are carrying on.
2. Doctors are busier. There never have been enough country doctors anyway, and so many of them have now gone into service that there's a critical shortage in some areas. Many of those staying at home are working day and night and some have come out of retirement to help out. They're doing their best, and all of us must do everything we can to help them.

But don't get the idea that it's your patriotic duty to do without medical service. Your patriotic duty is to keep well--and to see a doctor when you need to.

3. There aren't enough hospitals in rural areas--there never have been--and sometimes they're so far away they're hard to reach, especially now with a gas and rubber shortage.

All of these are good reasons why people should do everything possible, now, to keep well. But who wants to be sick, anyway? It's much more fun to be healthy!

HOW CAN WE KEEP HEALTHY?

Good health doesn't "just happen". It's something you must think about and work for. There are a lot of things all of us can do to protect

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our health. Some of these are things we know we should do, but things that we're liable to neglect when we're busy. Here are some of them:

1. Eat enough of the right kind of food. Nutrition experts say we should eat some food from each of these seven basic groups EVERY DAY:

Green and yellow vegetables--some raw and some cooked, frozen or canned

Oranges, tomatoes, grapefruit--or raw cabbage or salad greens

Potatoes and other vegetables and fruits--raw, dried, cooked, frozen or canned

Milk and milk products--fluid, evaporated, dried milk or cheese

Meat, poultry, fish or eggs--or dried beans, peas, nuts or peanut butter

Bread, flour and cereals--natural whole grain, or enriched or restored

Butter or fortified margarine

2. Get plenty of sleep

Grown-ups should have at least eight hours' sleep every night. Children need more. And, of course, everybody needs some recreation.

3. Keep everything clean

You can't see germs, but they breed in dirt and they make you sick when they get in your system. The best way to double-cross germs is to keep everything clean, not only yourself, but also your home and your yard, and especially the food and water and other things you put in your mouth.

4. Wear the Right Kind of Clothing

Wear warm clothes in the winter. Even if you're in a hurry, don't go outdoors when it's cold without extra clothing, and never keep wearing outdoor clothes in a warm room. Insist that the children wear shoes, winter and summer, whether they like it or not. Shoes are a protection against cuts, splinters, and bruises, and they're also a protection against hookworms which get into your body through your feet. (Hookworm disease is common in many southern States.)

5. Watch your step!

A lot of accidents can be prevented just by being careful. Remember that livestock and machinery are always dangerous--never get careless when you're handling them. Falls, scalds and burns, splinters, cut fingers and many other accidents can be prevented simply by watching where you're going and what you're doing.

Get Rid of Health Hazards Around You

If you found a Nazi saboteur on your farm, you'd get rid of him in a hurry, wouldn't you? There may be other things that are just as dangerous to your health and well-being--and to the United Nations' war effort. You can't feel safe until you can answer "yes" to these questions:

1. Do you have a good, insect-proof, sanitary privy?

If the answer is "no", go to the local health department (if there is one in your county) or to the county office of the Farm Security Administration for help and advice. If you can't get materials to build a new privy right now, at least you can fix up the old one and keep it in order.

2. Is your well covered properly so that no germs can get through?

Many diseases come from polluted drinking water. The Public Health Officer or the FSA supervisor can tell you how to protect the well.

3. Do you have tight screens on all doors and windows?

Only by keeping the doors and windows screened can you hope to keep out flies which may carry typhoid fever and mosquitoes which may carry malaria.

4. Is your house in good repair?

Be sure there are no holes in the baseboards or floors that rats can get through. (Rats can carry typhus or plague.) Broken stairs, steps, or floors always are dangerous and should be mended immediately. You should have a cool place for storing root vegetables and canned foods. A cellar, of

course, is best for this purpose. You also need a good cupboard for canned goods. You can build one yourself. (Ask your county FSA supervisors for suggestions on food processing and storage.)

5. Is your yard free from stagnant mud puddles and other "breeding grounds" for insects?

It doesn't cost a penny--and it doesn't take much time--to fill mud puddles with dirt, or to move (and keep) manure piles far away from the house.

WHAT TO DO WHEN SICKNESS COMES

Don't ever get the idea that you're a "natural born" doctor yourself and don't need any other. Remember that doctors have had years of special training and experience. When you get really sick, the best thing you can do is to see the doctor. But there are some things you won't need to bother him about.

These Days You Can Take Care of Little Things

(If little things last longer than two or three days, it means they are no longer little things, but big things and it's time to see the doctor.)

Here is what to do:

1. For a cold:

- Go to bed the first day and keep warm
- Drink plenty of water
- Eat light food
- Keep the bowels open
- Use warm salt water for a gargle

2. For a stomach ache:

- Eat very lightly
- Avoid physics
- If constipated, take a small enema

3. For a headache:

Lie down
Use a hot water bottle
An aspirin tablet may help

4. For small cuts:

Clean with soap and water
Apply iodine
Keep covered with a clean bandage

When to See the Doctor

For "minor" ailments: IF ANY OF THE MINOR AILMENTS JUST MENTIONED, OR ANY OTHERS, DON'T CLEAR UP RIGHT AWAY, BE SURE TO GET IN TOUCH WITH THE DOCTOR.

For severe injuries to any part of the body--especially to the head.

For all serious conditions: If any of the following symptoms develop, they are danger signals. They mean that something is seriously wrong, and you should see the doctor right away.

Some of the symptoms which come on acutely or suddenly:

1. Fever. Any temperature rise up to 100° F or more is serious. (Every family should get a thermometer and learn to take temperatures.)
2. Rash or skin blemish anywhere on the body.
3. Steady pain in the head, ears, eyes, back, joints, chest or abdomen. Don't use home remedies for pain--if you have pain, there's something wrong with you.
4. A severe case of diarrhea which doesn't clear up in a day or two.

Some of the symptoms which come on gradually, indicating serious chronic conditions:

1. Loss of weight or poor appetite
2. Unexpected bleeding from any part of the body

3. Cough, which doesn't clear up within a week
4. Swelling or lumps in any part of the body
5. Swollen feet or ankles
6. Shortness of breath
7. Nervousness
8. Unhealing sores anywhere

For a toothache: See a dentist immediately. A toothache is always serious. It means that the nerve at the core of your tooth is exposed and that some infection is present.

But don't wait for trouble. See your dentist regularly at least once a year so he can fill the cavities when they're small.

ABOVE ALL, AVOID USING "PATENT" HOME REMEDIES. They may clear up the outward signs of sickness, while the real trouble remains inside, and may make it doubly hard for the doctor to cure you later. Use only medicines that your doctor has prescribed or approved.

Some people are afraid to see a doctor because they fear he will find something wrong. This is a very dangerous attitude. If something is wrong, the sooner you know it the better. Most ailments can be cured with little cost and suffering if taken care of soon enough. But if you let them go too long, they may become serious and sometimes cannot be cured at all. Some people make a habit of having what they call a "birthday" check-up. If something is wrong, they can have it remedied before it gets serious. Putting off going to the doctor is like putting off weeding your garden. If you wait too long, you may lose everything.

How to "Treat" the Doctor

Doctors are human beings just like the rest of us. They need rest and sleep and regular meals, too. Right now, most country doctors are doing more than their normal share of work, and they need everybody's help and cooperation. Some of the ways you can help:

1. Visit the doctor's office if possible

You can usually do so except in cases of serious emergencies. If you call on the doctor at the first sign of an ailment instead of waiting until it becomes serious, you not only can get to the doctor, but you may save much more of his time later, as well as your own.

2. What to do when you have to call the doctor to your home.

Get word to him early in the morning so he can plan his day and won't need to waste any trips. Avoid calling the doctor at night except in cases of extreme emergency.

3. Be brief when you talk to the doctor

Decide ahead of time exactly how to tell the doctor what bothers you, whether you're talking to him in his office, in your house or on the telephone. This will save time for both of you, and it will give him a better idea of your trouble.

4. Follow the doctor's advice

Remember that the doctor knows what is best for you. If he says to stay in bed, that's where you belong. If he advises you to go the hospital, you should do so.

Be Prepared to Help

What if some member in your family should get hurt--would you know what to do? Do you know how to take care of the sick? Do you know what kind of medical supplies you should have on hand? These are things which someone in every family should learn.

1. First-Aid Classes may be offered by the local Red Cross Chapter. Through these classes you can learn to take care of an emergency case until the doctor comes.
2. Home-Nursing Courses are for mothers and older daughters who want to learn to take care of members of the family in case of illness. If such a course is not offered, a few neighbors might get together and ask the local health department of the Red Cross to organize one.
3. A "Medicine Chest" should be a part of the equipment in every home. It should contain such items as: iodine for cuts, tannic acid ointment for burns, boric acid jelly for boils, epsom salts for hot soaks of injured hands or feet, bandages, adhesive tape, mineral oil as a simple laxative, aspirin, salt or sodium bicarbonate as a throat gargle, a simple linament for sore muscles, a thermometer, and other items recommended by your doctor or public health nurse. Keep a first-aid booklet telling what to do in case of injuries or poisonings.

WHERE TO GO FOR OTHER ASSISTANCE

In most counties there are several health organizations and facilities to aid in the prevention and cure of disease. All of these services were established for the welfare of the people, they belong to you, and they need your support. Find out what public services are available in your county, how they can help you--and use them. You will find one or more of these and maybe others:

Local Health Department

You can go here for:

1. Immunizations

There's no reason why anyone should take a chance on getting smallpox, diphtheria or typhoid fever. If your county has a local health department, your whole family can go there for vaccinations or immunizations, usually without cost.

2. Local health clinics

These offer help and advice on the care of mothers and the care of babies; certain clinics are for the discovery and treatment of venereal diseases and tuberculosis.

3. Advice on building privies, screening homes, protecting wells and carrying out other measures to safeguard health.

4. Movies and talks on local health problems.

You and your neighbors may be interested in asking your local health department to furnish moving pictures and speakers for some of your neighborhood meetings or social gatherings.

Public Health Nursing Service

If there are public health nurses in your county, you can call on them for help when sickness strikes. Better yet, visit the nurse now, find out how she can help if you ever need her. A nurse, working under medical direction may be able to take care of some case that will save a trip for the doctor.

Tuberculosis Association

This organization may help you to get X-ray pictures of the chest to find out whether you have tuberculosis.

Hospitals

Hospitals are established to help people get well. They have the kind of special equipment that doctors need. Some hospitals also have clinics which you can go to for examination and treatment. A hospital isn't something to be afraid of--it's something to be used.

School Health Program

You should always be glad to talk to the teacher or the school nurse whenever they ask you to. Sometimes they discover health needs of the children that you may miss.

County War Board

If it's hard to get medical care in your county because of a shortage of doctors, you might get together with some of your

neighbors and ask the county War Board to look into the matter. The War Board can appeal to the State for more doctors. (There is a State Committee called the Physicians' Procurement and Assignment Service that is set up to find doctors who are willing to serve in areas where more help is needed.) Perhaps arrangements could be made to have a doctor come from a neighboring community to spend a day or two each week in yours.

FSA Group Medical Care Plan

What about paying the doctor's bill? The Farm Security Administration helps to establish medical care plans so that the bills are easier to pay.

Joining a medical care plan simply means that you get together with other FSA families and each of you sets aside a certain amount of money each year to pay doctor bills for any one in the group who gets sick. Often the amount also takes care of hospital and dentist bills and the cost of drugs.

The amount you pay may be \$20 or \$30, or \$40 a year, whatever all of you can afford, and, then, no matter how big your sickness bills may be during the year, this amount takes care of them.

Thousands of farm families have found that this way of getting medical service is a real help. This is what they say:

1. You don't need to worry for fear you'll have a big doctor and hospital bill that will wipe out all your savings.
2. When you know the bill is already paid, you're more likely to call a doctor when you really need one instead of waiting until an illness becomes serious.
3. You can call any doctor you want, providing he is participating in the plan.

Maybe you already belong to one of the FSA medical care plans. They have been organized, with the help of local doctors, in more than 1,000

counties. If your county doesn't have a plan, you may want to see about getting one started.

You can find out all about this plan at the FSA county office.

IT ALL ADDS UP TO SERVING UNCLE SAM

By keeping well so you can stay on your big wartime job of producing every possible ounce of food, you're doing your bit for Uncle Sam.